

Lesson 4 of 6

Hip Hop

EQUIPMENT

obstacle free area » music player » 'Hippy Hippy Shake' song by the Beatles » music with a strong 4-count beat » cut-out of dancing student » felt pens or crayons » circuit station posters

Warm It Up

HIPPY HIPPY SHAKES

Play the 'Hippy Hippy Shake' song by the Beatles and lead students through the following 'shakes': Turn

head to look over right, then left shoulder for 8 counts; arm circles for 4 counts forward and 4 counts back; hip circles for 4 counts to the right and 4 counts to the left; shake right leg for 8 counts; shake left leg for 8 counts. Follow the lyrics of the song during the refrain: "Well, now, you shake it to the left, shake it to the right, do the Hippy Shake Shake, with all of your might". Repeat the pattern for the duration of the song.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.

ABCD's of Physical Education



RELATED RESOURCES

'The Hip Hop Comeback' workshop
2008-09, Ever Active Schools,
www.everactive.org



Benefits of Health

Functional Fitness	
Body Image	
Well-Being	B(2-3)-6

Clues that students are achieving the outcome...

"Students will describe how the body benefits from physical activity." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can identify ways hip hop dance keeps the body healthy
- Students can explain why a healthy body is important



Whoop It Up

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Lead the large group through a review of hip hop moves learned in previous classes and introduce the following new moves:

DJ » Stand with feet apart. Hold one hand over the ear as if wearing an earphone, and hold the other hand at waist height as if spinning a record. Sway the body while spinning the record for 4-counts.

Shopping cart » Hold onto an imaginary shopping cart with the right hand and reach left hand up and down pretending to take items off the shelf and place them in the cart. Repeat four times.

Spongebob » Hop onto the left leg while kicking the right leg out to the side. Hop on the left leg again and cross the right foot behind the left knee. Reverse by hopping on the right foot and kicking the left leg out to the side, then hop again and cross the left foot behind the right knee.

Round 'em up » Make a loose fist with each hand and roll hands over each other quickly for 2-counts. Then 'raise the roof' for 2-counts while shouting "ooh-ooh".

HIP HOP CIRCUIT: Identify 10 stations around the perimeter of the activity area. Eight of the stations will be dancing stations and two will be rest stations. At each of the 8 dancing stations, outline a sequence of 3 hip hop moves for students to perform. One rest station will be a 'drink break' station and should be positioned near a water fountain. At the other rest station, post a life-size cut out of a dancing student on the wall labelled "hip hop helps my body..." and challenge students to write or draw ways that participating in hip hop dance helps to keep their bodies healthy; e.g., exercise for my heart, makes my muscles strong, makes me feel good. Students will participate in each circuit station for one minute. Stop and start the music to signal when it's time to move to the next station.



Safety First!

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Wrap It Up

Gather and sit with legs together and straight, in front of the "hip hop helps my body..." cut out. Invite students to take a deep breath in as they reach with both arms up to the ceiling and slowly let the breath out as they lower their arms to the floor. Take another deep breath and reach up, this time reaching for toes while letting the breath out. Review the ideas shared describing how the body benefits from participation in dance activities and explore why a healthy body is important.